

## The new standard work on the concept of life scripts



Almut Schmale-Riedel  
**The Unconscious Life Plan**  
[Der unbewusste Lebensplan]  
The script in the transactional analysis. Typical patterns and therapeutic strategies

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**Almut Schmale-Riedel** is a transactional analyst, supervisor, and coach. After her studies in education, psychology, and sociology, and further education in psychotherapy, she had her own practice and was a trainer and counsellor at adult-education institutes. In 1982 she founded the further education and psychotherapy institute TEAM Entwicklung Arbeit und Mensch [TEAM Development Work and People], which she still heads.

"I am not so important", "I am at fault", "I think I am too stupid". Three typical sentences that we internalise in early childhood and come to unconsciously believe, and that will make our lives difficult. The unconscious life plan that is developed by such sentences is termed life script by transactional analysis.

Almut Schmale-Riedel analyses the most common script patterns and their effects on mastering life skills, relationships, and career. Drawing on her many years of therapeutic experience, she shows ways of breaking the spell of these patterns.

- For personal development and therapy
- Clear, well-research, and empathetic